

## October 2025 Community Newsletter

### Board Report

Hi everyone,

I'd like to welcome Cara Cray and Kevan Horder to the Moogji Board. They were elected at the recent SGM. Cara holds the Treasurer role and Kevan is a Director. They have attended their first meeting and we are looking forward to having their input into the governance of Moogji.

The AGM is coming up on 29<sup>th</sup> October and during this meeting we will be seeking endorsement of the new Rule book (Constitution) for Moogji. If any members would like to know more about the proposed changes, or have any questions, please call Louise, our CEO via reception and we will find a time that suits you.

I recently participated in a VACCHO meeting where we had the opportunity to hear from, and ask questions of Minister Thomas the Victorian Minister for Health , Minister Stitt, the Victorian Minister for Mental Health & Aged care, Minister Horne, the Victorian Minister for Health Infrastructure and Minister Cousins, Victorian Parliamentary Secretary for First Peoples.

Moogji was able to raise several issues with the Ministers to raise awareness and hopefully improve outcomes for our community.

Cultural heritage opportunities come up from time to time. If anyone is interested in participating in these activities, please let Reception know. Moogji will help you get the required Working with Children Check and National Police Check.

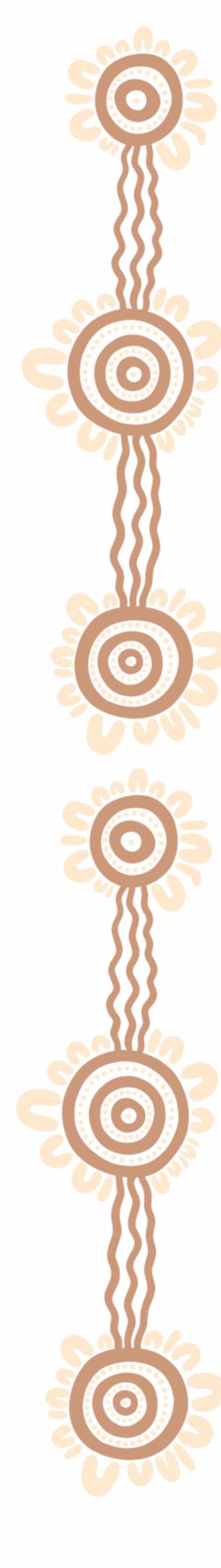
*Megan Salaman*

Chairperson

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## CEO Report

Hi everyone,

I'd like to also welcome Kevan and Cara and I am looking forward to working with them over the next 2 years.

I'm very pleased to say that we had our ISO Quality Audit 2 weeks ago. The auditor was looking at our evidence (over 1,200 documents) that shows we are meeting over 150 standards. Thanks to all the hard work of Aunty Christine and all the staff at Moogji, we only had one item that needed fixing up – we had the wrong ISO logo on our website which was an easy fix within 24 hours.

We are also in the process of being audited against the Australian Accounting Board Standards and this audit is going well.

The next audit we are preparing for is the Royal Australian College of General Practice Standards. We have some time before Christmas to upload all our evidence against 128 standards and the Auditor will visit us sometime in February or March next year.

On top of this extra workload, we changed IT providers last week. This has been a big undertaking and a lot of work well worth it. We will be able to make some savings with the change, and we haven't had the regular 'drop outs' that cause frustration and slow down work.

I'm so proud of the team who have withstood a lot of change in the past 12 months. The workload seems to always be increasing but every single staff member has maintained their great sense of humor, their commitment and passion for the community they serve. They are all to be congratulated.

*Louise Carey*

## Clinic Update

In August and September we held two Diabetes awareness days, both days were a success! We hope to do more awareness days like this in the future so look out for flyers in the newsletter and on our Facebook page.

We have our new permanent nurse starting on Monday 13<sup>th</sup> of October.

Luana, our Aboriginal Health Practitioner trainee, is close to finishing her training and can now take bloods, we are extremely proud of her and how far she has come.

If people are needing pathology, we ask that you try and book in if possible, we do pathology everyday from 9am until 12pm.



## We currently have Shona, our female Nurse

### Practitioner onsite Tuesdays and Thursdays at Moogji.

*What can a Nurse Practitioner do?*

- Order Imaging requests (X-ray, ultrasound etc) and act on results
- Order Pathology and act on results
- Prescribe medications
- Manage chronic conditions e.g. Diabetes and high blood pressure  
Womens' Health
- Perform procedures such as suturing, vaccinations, mole removal, etc.
- Order and perform tests such as Cervical screens, prostate exams, etc.

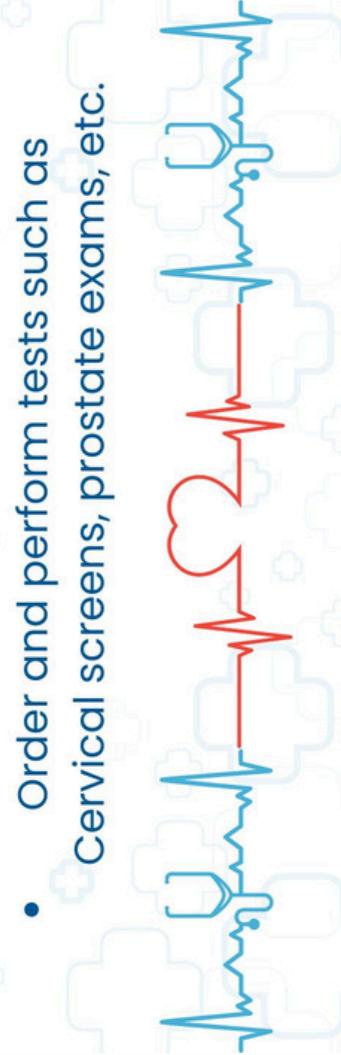
## HAVE YOU MET THE CEO YET?



Would you like to learn a bit more about Louise, hear what's happening at Moogji, the plans for the future and the improvements we are working on?

Louise will be hosting afternoon teas every Thursday afternoon at 2.00pm so people can drop in and have a yarn.

If you can't make a Thursday afternoon, but have some burning questions, just give her a call on 0497 943 700 and Louise will work out a time that suits you best.





## Doctor Sessions

Moogji has a doctor onsite every Monday, Wednesday and Friday. We also have a nurse onsite daily. Please call reception to book an appointment. If you have not yet completed your New Patient Registration Form and Transfer of Medical Records Consent form, please ask reception and they can assist you with this.

## GEGAC Dental

GEGAC Dental visits Orbost Regional Health every second Tuesday. To book an appointment, please call GEGAC on 5150 0700

## Medical Transport

We know how important it is to get to your medical appointments, and our transport service is here to help. Lately, transport has been in high demand, and while we try our best, we're not always able to cover every request. To make sure we can support as many people as possible, please keep in mind:

- For medical appointments only: our transport service is just for health-related appointments.
- Local transports (Orbost): Please give us at least 24 hours' notice. We understand some appointments pop up last minute, but letting us know as early as possible helps us find a driver for you.
- Out of town transports: We kindly ask for 7 days' notice, so we have time to organise everything properly and ensure we have a driver available.
- Bookings: all transport requests must be made through reception.
- Cancellations: If you no longer need your transport, please let us know as soon as you can. This allows us to offer the spot to someone else who may be waiting.

Thank you for working with us to keep this service running smoothly for everyone in the community.

## Riviera Counselling Service

Jeff Steedman from Riviera Counselling is onsite every Wednesday. An appointment with Jeff can be help onsite at Moogji, via phone or a home visit. For an appointment, please call reception.

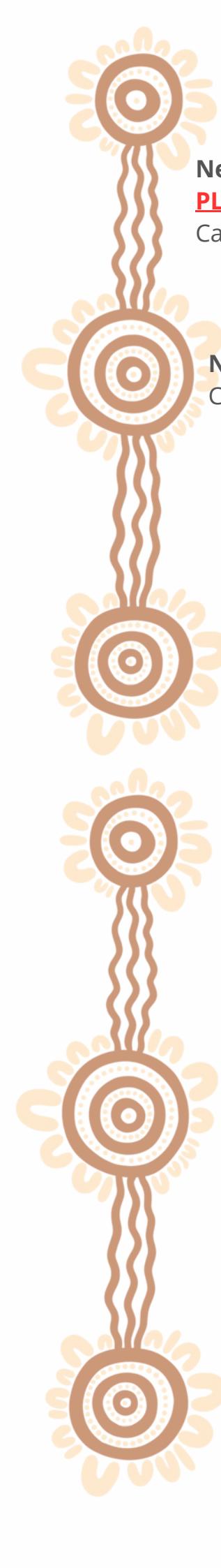
## AOD Services

Our AOD team are on-site at Moogji from Monday to Friday. Drop in for a cuppa and a chat anytime, our door is always open and open to everyone.. We can also come to clients homes. If you are wanting an appointment, please call reception and ask for Margie or Courtney.

## Memberships

Memberships for the 2025-2026 financial year are due to be paid. The current membership fee is \$1.

Please contact Ali if you have any questions regarding if your membership is due or not.



## Optometrist

Next visit to Moogji: January (Date to be confirmed)

**PLEASE ENSURE PAYMENT IS MADE ON THE DAY**

Call Moogji reception to book.

## Hearing

Next visit to Moogji: 5<sup>th</sup> December

Call Moogji reception to book.

## Expression of interest

Moogji has been working with Gippsland Lakes Complete Health's Maternal & Child Health team and we are looking to start holding a regular playgroup session for parents and young children, which was formerly known as mums and bubs. We encourage all families with children aged 0-6 years to attend. During this group we can cover a range of topics that anyone may need some extra support in.

This may include:

- Your child's growth and development
- Your child's nutritional needs
- Sleep and settle
- Lactation
- Parenting and family issues
- Any concerns you may have about your child
- Opportunities to meet other parents and access community groups

And most importantly, it will be a safe place for the little ones to interact. If this is something you'd be interested in participating in, please give reception a call and ask to speak with Ali.



# Connect and Thrive: Join a SMART Recovery Meeting



Bec from Aboriginal Housing Victoria will be visiting Moogji every 3<sup>rd</sup> Monday of the month.

## What can Bec do?

Assist with Aboriginal Housing matters for *current* AHV renters including;

- Rent charges and payment enquiries - including CPAY deductions
- Rental arrears
- Transfer application requests VHR priority forms to be submitted - this is limited but can help start the process
- Provide subsidy forms for Rent Review to update or add household members and information on current tenancy agreements
- Forms of Authority - to assist with making enquiries and support on tenancy and property related matters
- Maintenance enquiries
- Complaints
- Feedback
- Limited information on checking with AHV's allocations officer if listed on AHV's waiting list
- Provide contact details for VHR and other housing providers and support

## Upcoming Visits

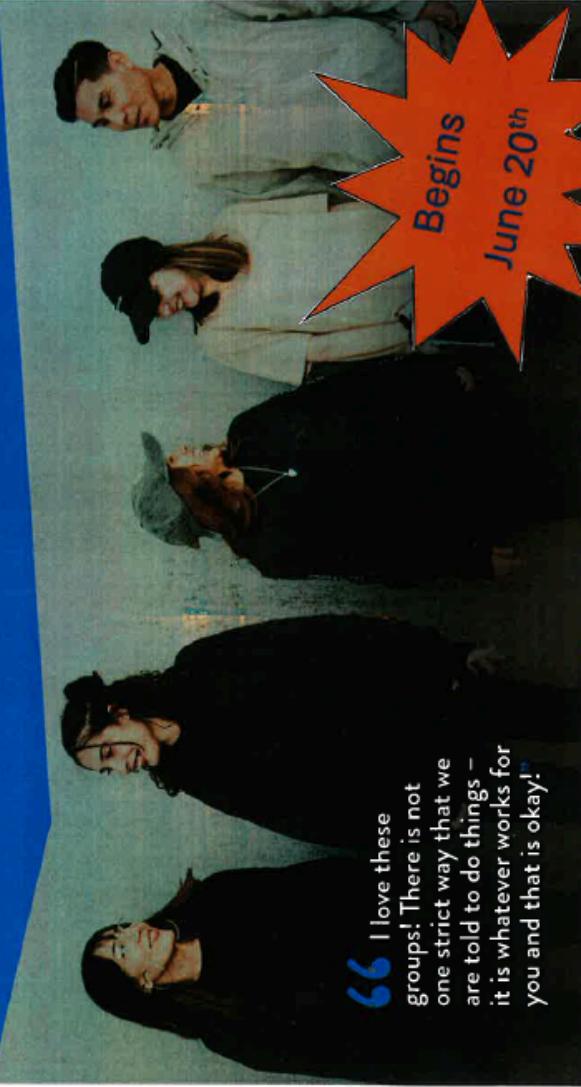
19<sup>th</sup> May  
16<sup>th</sup> June  
21<sup>st</sup> July  
18<sup>th</sup> August  
15<sup>th</sup> September  
20<sup>th</sup> October  
17<sup>th</sup> November  
15<sup>th</sup> December

## What is SMART Recovery?

Free, practical, peer-led, evidence-based support groups that enable you to champion your own behaviour change around alcohol and other drug use, gambling or any behaviour of concern.

### Why SMART?

1. Set weekly goals that work for you.
2. No stigma, labels or judgement.
3. Learn practical self-help tools.
4. Attend as you need.
5. Learn strategies that actually work from peers who understand.



## Find a Meeting

Choose your own path to a healthier future.  
Meet online or in person.

WHERE: 52 STANLEY ST (moogji)

WHEN: FRIDAY'S AT 2:00PM

REGISTER: 5154 2133 & ASK FOR  
MARGIE OR COURTNEY

Remember, your recovery matters, and support is just a meeting away!

For more information, visit  
[smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)

RUNS FOR APPROX 60 - 90 mins

Call Moogji reception to book in with Bec.

SMART Recovery Australia  
+61 2 9373 5100  
[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

[smartrecovery@srerau.org.au](mailto:smartrecovery@srerau.org.au)